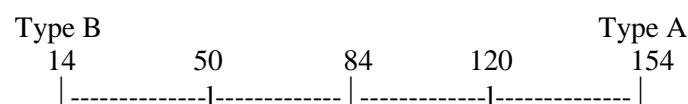


TYPE A BEHAVIOUR

For each of the statements below, circle one number which best describes the way you behave in your everyday life. For example if you are generally on time for appointments, for the first point you would circle a number between 7 and 11. If you are generally casual about appointments you would circle one of the lower numbers between 1 and 5.

Casual about appointments	1 2 3 4 5 6 7 8 9 10 11	Never late
Not competitive	1 2 3 4 5 6 7 8 9 10 11	Very competitive
Good listener	1 2 3 4 5 6 7 8 9 10 11	Anticipates what others are going to say (nods, attempts to finish for them)
Never feels rushed (even under pressure)	1 2 3 4 5 6 7 8 9 10 11	Always rushed
Can wait patiently	1 2 3 4 5 6 7 8 9 10 11	Impatient when waiting
Takes things one at a time	1 2 3 4 5 6 7 8 9 10 11	Tries to do lots of things at once, thinks about what will do next
Slow deliberate talker	1 2 3 4 5 6 7 8 9 10 11	Fast, forceful talker
Cares about satisfying himself no matter what others might think	1 2 3 4 5 6 7 8 9 10 11	Wants good job recognised by others
Slow doing things	1 2 3 4 5 6 7 8 9 10 11	Fast (eating, walking etc)
Easy going	1 2 3 4 5 6 7 8 9 10 11	Hard driving (pushing yourself and others)
Expresses feelings	1 2 3 4 5 6 7 8 9 10 11	Hides feelings
Many outside interests	1 2 3 4 5 6 7 8 9 10 11	Not many interests outside work/home
Non ambitious	1 2 3 4 5 6 7 8 9 10 11	Ambitious
Casual	1 2 3 4 5 6 7 8 9 10 11	Eager to get things done

Plot score below:



Adapted from Cooper's adaptation of Botner Type A scale

For full explanation of Type A/B behaviour go to www.bookboon.com and download the book 'Overcoming Perfectionism' Jenny Gould

